

## TENNESSEE - DISASTER RECOVERY RESOURCES

For information about recovery resources after a devastating natural disaster, the following agencies provide relief efforts for Tennesseans affected by events such as tornadoes, floods, earthquakes, and winter storms.

### EMERGENCY SHELTER INFORMATION

To locate Emergency Shelter options by zip code, visit the [American Red Cross](#), or [Salvation Army](#).



[FEMA - Mobile App](#) – Download to find open shelters. Or text **SHELTER** and your **zip code** (for example, "SHELTER 01234") to 4FEMA (43362). For **Spanish Shelter Information** text REFUGIO and your zip code to 4FEMA (43362).

**Displaced persons** should contact the [FEMA Helpline](#) 1-800-621-3362 / TTY (800) 462-7585). FEMA also offers support for individuals with [disabilities](#), or [access and functional needs](#).

[Recover from the storm flyer in English](#)  
[Recuperarse de la tormenta en Espanol](#)

### RECOVERY LINKS

**Federal assistance is available to eligible individuals and families affected by this disaster.** [Click here to Learn about December 2021 Disaster 4637 TN assistance.](#)

The [Centers for Disease Control \(CDC\)](#) provides information and resources to teach individuals and families how to take care of their emotional health after a disaster or traumatic event. The CDC also offers specialized versions of this information targeted for children and older children/teens. [Coping with a Disaster or Traumatic Event](#)

[Crisis Cleanup – Survivor Hotline](#) - This nationally recognized organization is used by local organizations to assist survivors after a disaster. A Crisis Cleanup hotline connects survivors to emergency management centers and volunteer organizations who have the capacity to help in a meaningful way.

### [Disaster Legal Services are available to residents with losses](#)

Residents with legal issues due to the storms may call **844-HELP4TN (844-435-7486)** [or ask questions online](#). Free legal advice for disaster-related issues is available. Call 844-435-7486 to leave a message and an attorney will contact you. Additionally, survivors can access [information about your rights and resources](#). For more information on Tennessee's disaster recovery, visit [Middle Tennessee Flood Recovery](#). You may also follow FEMA on [www.facebook.com/fema](http://www.facebook.com/fema) and Twitter [@FEMARegion4](#).

[Listos - Ready](#) has created a First Aid Kit for Your Mind with five simple steps for protecting your mental well-being and helping others do the same, along with resources for when you need more support. [First Aid Kit for the Mind](#)

[Rx Open - Facilities Map](#) - provides information on the operating status of healthcare facilities in areas impacted by a disaster. Users can search the Facilities map for individual facility status.

[Substance Abuse and Mental Health Administration \(SAMHSA\) Coping Tips for Traumatic Events and Disasters](#) - Emotional distress can happen before and after a disaster. Coping strategies include preparation, self-care, and identifying support systems.

[SAMHSA - Disaster Distress Helpline](#) - **24/7 counseling**. If you are experiencing distress or other mental health concerns related to natural or human-caused disasters.

[Tennessee Statewide Crisis Line](#), available 24 hours a day/365 days a year, is a resource for anyone experiencing a mental health crisis. All calls are routed to a trained crisis counselor in your area, who will provide you support and guidance, and work to connect you with appropriate community supports.

**Disasters can take an emotional toll on survivors.** Survivors in need of crisis counseling may receive assistance by contacting the following organizations:

- Tennessee Statewide Crisis Phone line at **855-274-7471** or Text **TN** to **741741**, 24 hours a day, 7 days a week. This service is free!
- Contact Centerstone at **888-460-4351**
- Or Contact the Disaster Distress Helpline at **800-985-5990** or Text **TalkWithUs** to **66746**



# TEMA

**[TEMA - Tennessee Disaster Information](#)** - This Facebook page is designed to provide the public with the latest information from state officials. Also, see **[TEMA Twitter page](#)**.

**[TEMA - Tennessee Emergency Management Agency – December 2021 Severe Weather Information](#)**

**[Middle Tennessee Flooding Recovery](#)** (Numerous survivor resource links).

For more information on Tennessee's disaster recovery, visit **[www.tn.gov/tema.html](http://www.tn.gov/tema.html)**



# FEMA

**[FEMA – Fact Sheet - Questions and Answers About FEMA Disaster Assistance](#)**

**[FEMA - Avoid Contractor Fraud](#)**

**[FEMA – Get Individual Assistance After a Disaster](#)** - Help for Individuals and Households. FEMA's Individuals and Households Program (IHP) provides financial and direct services to eligible individuals and households affected by a disaster, who have uninsured or underinsured necessary expenses and serious needs.

**[FEMA – DisasterAssistance.gov - National Flood Insurance Program](#)** provides insurance and information to help reduce the socio-economic impact of floods.

**[FEMA - Mobile App](#)** – Download to find open shelters. You may also follow FEMA on [www.facebook.com/fema](http://www.facebook.com/fema) and Twitter @FEMARegion4. Multilingual support: **[FEMA In Your Language](#)**.

❖ **If you discover any broken links on these pages, or if you see an agency or organization serving Tennessee has been omitted, please let us know. Phone: 615-253-8585 or Email: [volunteer.tennessee@tn.gov](mailto:volunteer.tennessee@tn.gov). Thank you.**